



# Recipes straight from the blueberry patch

source: [blueberry.org](http://blueberry.org)

## **Best Blueberry Muffins**

1 cup fresh or frozen blueberries	1 tsp. nutmeg
1-3/4 cups plus 1 tbsp. flour, divided	3/4 tsp. salt
1/2 cup sugar	1 egg
1 tsp. baking powder	1 cup sour cream
1/2 tsp. baking soda	1/3 cup milk

Preheat oven to 400 degrees. Grease twelve 2-1/2-inch muffin cups. Toss blueberries with 1 tablespoon of the flour. Combine the remaining 1-3/4 cup flour, sugar, baking powder, baking soda, nutmeg and salt; set aside. Beat egg, sour cream and milk; stir into flour mixture until just combined (batter will be lumpy). Stir in blueberries until evenly distributed. Fill muffin cups 2/3 full with batter. Bake about 20 minutes until golden.

*When using frozen blueberries, stir unthawed blueberries lightly dusted with flour into batters.*

## **Blueberry-Watermelon Frosty**

1 container (6 oz.) frozen lemonade or limeade	2 cups watermelon cubes, seeds removed
concentrate, unthawed	1 cup ice cubes
2 cups fresh blueberries	

In a blender container, combine lemonade concentrate, blueberries and watermelon. Purée until very smooth. Add ice cubes; blend until mixture is slushy. Add sugar, if needed.

## **Pink Blueberry Lemonade**

1/3 cup sugar  
1-1/4 cups fresh blueberries, divided  
1/3 cup lemon juice

In 1 quart glass measuring cup, combine sugar, 2 tablespoons of the blueberries and 1/2 cup water. Microwave on high until hot, about 1 minute; stir until sugar dissolves. Add lemon juice and enough water to make 1 quart; chill. Fill tall glasses with ice cubes, add chilled blueberry mixture and remaining berries, dividing equally. Garnish with lemon slices if desired.

*To make Blueberry ice cubes: Place 3 berries in each of 12 ice cube cups. Fill with water and freeze. 36 berries equals about 1/4 cup.*

## **Blueberry French Toast Sandwich**

1 package (3 oz.) cream cheese, softened	1 package (about 12 oz.) frozen French Toast (6 slices)
1-1/2 tbsps. confectioners' sugar	3/4 cup fresh blueberries

In bowl, stir together cream cheese and confectioners' sugar. Heat French toast as package directs. Spread cream cheese mixture on French toast slices. Spoon blueberries over cream cheese on 3 slices; cover with remaining slices. To serve: Place sandwiches on plates; cut diagonally. Garnish with additional blueberries and confectioners' sugar.

## **Blueberry Buckle**

3/4 cup sugar	1/2 tsp. ground nutmeg
1/4 cup shortening	1/4 tsp. ground cloves
2 eggs	1-1/2 cups blueberries
1/2 cup milk	1/2 cup sugar
1-1/2 cups all-purpose flour	1/3 cup flour
2 tps. baking powder	1/2 tsp. ground cinnamon
1/2 tsp. salt	1/4 cup soft butter or margarine

Preheat oven to 375 degrees. Mix 3/4 cup sugar, shortening, eggs and milk until well blended. Stir in 1-1/2 cups flour, baking powder, salt, nutmeg and cloves. Gently fold in blueberries. Spread batter into a greased 9-inch square pan. Combine remaining ingredients and mix until crumbly. Sprinkle crumbs over batter. Bake for 45 to 50 minutes or until top springs back when lightly touched. Serve warm, cut into squares.

## **Fresh Blueberry and Lemon Parfait**

1 package (3.4 oz.) instant lemon pudding	12 gingersnap cookies, coarsely crushed (about 1 cup)
1-1/2 cups milk	1 pint fresh blueberries (2 to 2-1/2 cups)
1 cup heavy (whipping) cream	

Prepare instant lemon pudding according to package directions, using the milk. In a medium-sized bowl, with an electric mixer at medium-high speed, beat cream until soft peaks form. Fold whipped cream into prepared lemon pudding. In 4 or 6 individual serving glasses or a 1-quart bowl, spoon a layer of the pudding mixture; sprinkle lightly with cookies and a layer of blueberries. Repeat layers one more time, ending with the pudding. Refrigerate, covered, for about 30 minutes. Garnish with mint sprigs and blueberries, if desired.